

What is the current evidence-based knowledge about the use of screens by young children?

Children younger than 2 years do not learn from screens as well as they do from live interactions. It is better that they have opportunities to interact with adults and other children to learn about their environment.

When viewing screens cannot be avoided, co-viewing with parents/carers is essential. The adults can protect young children against many negative effects of screen time.

Children who spend more screen time (television in particular) are at greater risk of becoming overweight or obese.

Young children who have adequate sleep, limited screen time, and sufficient physical activity are more likely to have positive mental health outcomes in their teens.

A child who learnt to balance screen use, will likely make good choices about using free time when they are older.

Here are some Tips for Parents.

SET RULES

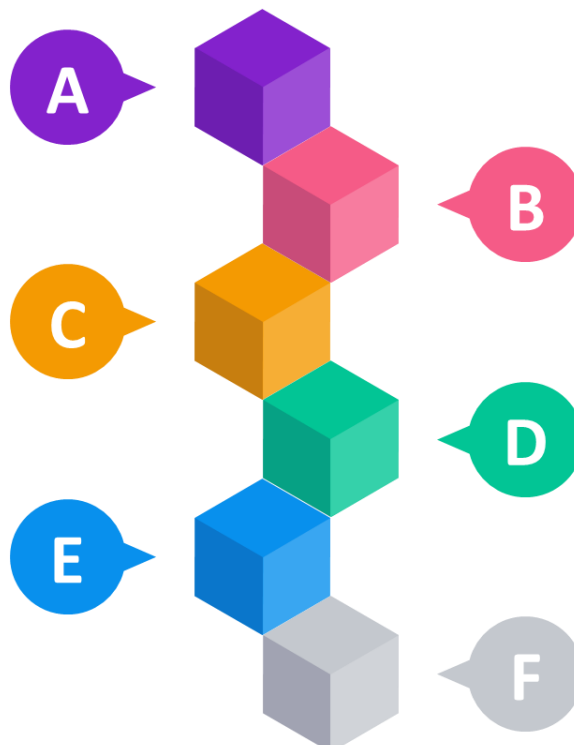
Parents need to set rules on WHEN, WHERE and HOW children can use screens. Make sure that the rules are consistent.

KEEP THEM SHORT

It is best that continuous use of screens do not go for more than 30 minutes. Encourage children to take breaks and MOVE.

NO SCREEN BEFORE BEDTIME

Avoid the use of screens at least 1 hour before bedtime. This will help your child get to sleep easily.



BE CREATIVE

Parents can join the children when using screens and engage in storytelling – this promotes brain development and imagination.

PLAY WITH OTHER CHILDREN

Playing with screens do not promote social skills as well as playing with other children. It is important that children learn to share, take turns, and getting along with others.

AWAY FROM THE BED

Make sure to keep mobile phones and other screens away from your child's bed at night. This way, they will not be disturbed by night notifications.